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On The Cover



Amy Lamar introduces
local teens to
water polo.

Photo by Opaque Visuals.

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Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (972) 283-1170 or visit www.nowmagazines.com.

Editor's Note

Hello, my Southwest Friends,

June ... Father's Day, summer vacation, swimming, books to read, kids' camps and picnics ... life is good!

Need some days to celebrate? Try these: 5th – National Gingerbread Day/World Environment Day; 6th – National Yo-yo Day; 7th – National Chocolate Ice Cream Day; 8th – National Jelly-filled Donut Day; 9th – International Young Eagles Day; 11th – my brother's and Jacques Cousteau's birthdays; 12th – National Peanut Butter Cookie and Magic Day; 13th – National Juggling and Lobster Day; 14th – Flag Day; 15th – Power of a Smile and Fly a Kite Day; 16th – Fudge Day; 18th – International Picnic Day; 19th – Juneteenth; 20th – Father's Day; 21st – First Day of Summer; 24th – opening day for Blind Awareness Week; 25th – National Catfish Day; 27th – National Orange Blossom Day; 30th – Meteor Day.

Stock up on some supplies and spend the month celebrating! As always, send me your story leads ... you are the ones who help me fill our magazine with such great stories!



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In the *Swim* of *Things*

— By Jeremy Agor

Amy Lamar has been coaching community members of all ages at local natatoriums for some time. When the opportunity to lead Cedar Hill High School's swim teams presented itself, she seized it and began to build a program with strong roots. Amy has been involved with competitive swimming's early morning practices, repetitive drills and the smell of chlorine since age 5, but coaching adds a new layer of responsibility to the sport she loves. "I'm not a morning person," she laughed. "Sometimes with practices, meetings and work, I put in 12- to 14-hour days. But, I love it so much I've never had a problem being motivated to work with the kids as student athletes and just young adults."

During the season, which runs from August to March, Amy wakes up at 3:45 a.m. to meet her team by 5:15 a.m. Practice, from 6:00 to 8:00 a.m., is at Duncanville High School — Cedar Hill does not have its own pool, despite having a swim program for 10 years. Amy ensures the students shower, change and get ready for school on time for their first classes.

As a girl, Amy began her swimming career in the well-established swimming community of San Antonio. "The aquatics program in San Antonio is pretty evolved. Neighborhoods have teams which compete against each other. Those teams feed into club teams, which in turn, support the high school teams," she explained. She competed through her senior year in high school and considered continuing her career in college. Ultimately, she decided to pursue a different interest and enrolled at the University of North Texas, with a major in photography.

While at North Texas, Amy was hired as an assistant photographer where she met Jay Lamar, the communications and marketing art director, who later became her husband. When she got the job, she changed her major to art education. After





graduation, Amy became an elementary art teacher in Grand Prairie. Wanting to pursue photography and help Jay build their photography business, she left the school and began looking for part-time work. The Duncanville Natatorium needed managers and swim instructors, so she applied and was hired as an assistant manager, water aerobics and swimming instructor. She also took a summer job at Kirby Creek in Grand Prairie, coaching the precompetitive team to gain experience.

Last summer, Amy applied to coach the swim teams at Cedar Hill and was hired almost immediately. She credits her familiarity with many of the swimmers, through her work in local swimming circles, for her quick hire. The first-year coach led her teams to a great season, with the girls placing third in the district and the boys, sixth. The girls finished 10th at regionals, and Amy is confident that both squads will continue to improve. To help that process, she started a challenging new sport — water polo — to help the swimmers with their off-season conditioning and build team unity.

“When I was younger and swam, I always played water polo. I told the kids

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from the beginning of the swim season that I wanted them to play water polo this spring, but they didn't believe me. It's a great way to stay in shape. Because it's a team sport and swimming is an individual sport, it's an exciting way to get the kids together as a team and keep them mentally engaged," Amy said.

Water polo wasn't entirely foreign to her swimmers because they'd played for fun during practices. However, playing the sport correctly required learning a lot of technique, as well as adjustments for the different conditioning necessary. Amy started by teaching the basics: the six field positions and goal keeping, ball handling, using an eggbeater technique to tread water and communication with each other. Once the students started mastering those skills, she began to introduce drills and scrimmages to reinforce them.

"Water polo takes a lot of endurance. It's like swimming, but there are distinct differences. For instance, there are fast sprints, followed by treading water. In the beginning, I got in the pool with them, and they were very entertained," Amy smiled. "This is all very new for the kids. They're close as a team, and they did a lot of bonding stuff together during the swim season, but working together is new, and it has molded them in a very positive way."

Amy also accepted an offer from local water polo coach, Joe Linehan, to conduct a free clinic for the Grand Prairie and Duncanville programs. He taught the swimmers the basics of the game, how it flows and the specifics of the rules. "Joe told me there were only a handful of teams in the region three to five years ago, and now there are over 30. Some are consolidated between school districts, and some are coed," she said.

Initially, Amy got some resistance



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The flames will not set you ablaze. Isaiah 43:2*



Cedar Hill **NOW**

from some of her swimmers, and she has worked with them to accommodate their pursuit of other interests. However, in the interest of fielding a successful team in the future, she plans to eventually require her teams to compete in water polo. "This year we needed time to learn the game, and I've been patient with some of the kids wanting to do dry land conditioning or pursue other interests. Next year, though, I want everyone



involved, so we can compete from the very first tournament," Amy explained.

As if she wasn't busy enough, Amy started Cedar Hill's first middle school swim team this spring with 30 swimmers signing up — almost double the high school team. This now requires her to make the trip to Duncanville's pool twice each day. She looks forward to the future, especially with some potential changes on the horizon.

"Both teams are young, so in the next few years, we will see some amazing stuff from them," she said. "In the future, we are hoping for an athletic facility with a four-lane indoor pool. We rent space and have to travel all over to practice and compete, so having our own facility would be huge. We got our first official board this year, and the team is extremely excited about that. The support of the administration and the athletic director for me as a first-year coach, in my first [high school] coaching gig, has been so great. It helps me maintain my momentum." **NOW**

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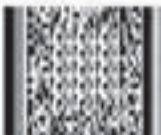
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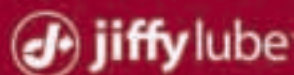
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Chef

Show and Tell

— By Angel Morris



When Robert Robinson took a job as a dishwasher, he didn't know it would inspire his future career. Nevertheless, watching plate after plate of unique meals prepared in a restaurant kitchen sparked Robert's interest. "I was just a pot scrubber, but I saw some extravagant dishes pass by me. I was constantly amazed at how the chef played with herbs and the mixtures of foods," Robert said. "I remember thinking, Wow! I could do that."

Robert worked up his 16-year-old nerve and approached the chef of the Dallas Hyatt Regency where he worked. "I said I was tired of washing dishes," he remembered, "and asked to learn to cook."

Impressed by his gumption, the chef let Robert start at a salad station. "I loved making different styles of cold salad. Then I worked up to sandwiches

and then to the hot side of the kitchen," Robert recalled. "Before I knew it, I was preparing soups and sauces."

Within two years, Robert had established himself enough to be named lead cook. He enrolled at El Centro College, where he earned the necessary certificates to become an official chef. "I still found myself in love with food and cooking and moved around Dallas'



eateries — from country clubs and French kitchens and, eventually, to the Macaroni Grill,” Robert said. “The job at Romano’s put me on the map. I had fun there; the atmosphere was high, and I enjoyed it enough to stay there for six years.”

Over the years, as much as Robert loved his work, he felt something was missing. “I had a passion for food and a passion for people, but being a chef wasn’t enough. I felt like I was called to do more.”

Realizing how many of his chef colleagues suffered from things that go along with working in a kitchen — stress, overeating and high blood pressure — Robert set out to lessen the negative impacts of food preparation. “I was watching television one day and came across a program about how each of us can make a difference. I thought I should be using what I know to do just that,” he said.

Then it was a matter of finding a place to start. “I thought it would be great to start with kids. I mean, when better a time to begin healthy eating habits than with children?” Robert said. Armed with information on the growing epidemic of childhood obesity, Robert began visiting middle and high schools in and around Dallas to pitch his classroom idea.

“My presentation is free. I spend about \$200 of my own money on food and supplies, and then I go into classrooms with an open heart,” Robert said. “All I do is to prepare meals for the kids and, in the meantime, we talk about health, about food and about keeping things on track. Ultimately, we end up talking about self-esteem, motivation, making positive choices and growing up to do something you love.”

Robert said he has never felt more alive than during these cooking and life lessons. “The kids will say they don’t like certain foods, but they will watch the way I make them and the things I add, and then they will try them. They almost always say something like, ‘Well, I never liked this before, but I like the way you cook it,’” Robert said.

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according to Robert. "I feel like God has put it in my heart to do this for children. It's not about money; it's about a ministry through my food."

Whether it's French, Italian, Cajun or some other food, Robert said students run up to the table and greet his meals with a smile. "What I've seen is that kids like the challenge of trying new things. I will pick one child out of the crowd and tell them they are going to clean their plate," Robert said. "They will immediately start telling me why that won't happen. Maybe they don't like mushrooms, for instance, but by the end of class, their plate ends up empty. Even the mushrooms are gone."



After his visits, Robert said he gets calls from parents asking what he did to change their child's attitude toward food. "Really, it's more about involving them than anything else — talking about how mushrooms can be a substitute for meat, how oils can change the way something tastes, how dressings can be added for flavor," Robert explained. "It's discussions of how food is grown, how it's presented and how it's packaged. It's about attaching value to food."

Hoping to inspire a larger audience led Robert to host a laid-back cooking show for, you guessed it, children. On Time Warner Cable at 3:30 p.m. Saturdays, Robert's *Bread of Life* brings children into his TV kitchen for hands-on food prep. "We just interact, have fun and talk while the cooking happens to be going on," Robert said. This spring, a dodo bird and pig puppet will join the cast as Robert



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Track State Champs!

Congratulations to the DeSoto High School Girls Track Team for winning the 5A State Track Meet on May 13-14, 2011. The girls finished in dramatic fashion by winning the 4x400 relay to earn 20 points and jump to 51 points total to edge out Garland's 48 points!

Anna Robinson finished first in the long jump early in the day and the 4x400 relay team of Maegan Cowan, Kierra Hamilton, Tia Gamble and Chrishuna Williams raced to victory to end the day and seal the championship.

The DHS Boys Team had five top ten finishes including Kenneth Minkah's second place finish in the 300m hurdles. They finished fifth overall.



GIRLS RESULTS

- 1st Long Jump - Anna Robinson
- 1st 4x400m Relay - Kierra Hamilton, Tia Gamble, Maegan Cowan and Chrishuna Williams
- 3rd 400m Run - Chrishuna Williams
- 4th 4x100m Relay - Verlencia Shaw, Brianna Mills, Chrishuna Williams and Jeriann Okoro
- 4th 300m Hurdles - Tia Gamble
- 6th 4x200m Relay - Maegan Cowan, Verlencia Shaw, Makayla Earnheart and Alexis Logan
- 6th 400m Run - Kierra Hamilton
- 7th 300m Hurdles - Adrienne Mosby
- 8th 100m Hurdles - Adrienne Mosby

BOYS RESULTS

- 2nd 300m Hurdles - Kenneth Minkah
- 4th Long Jump - Cameron White
- 4th 4x400m Relay - Caleb Pryor, Williams Stovall, Kyle Collins, Kenneth Minkah
- 5th 110m Hurdles - Kenneth Minkah
- 8th Long Jump - Kyle Collins

Congratulations to head coaches Mark Brady and June Villers, the entire track staff and student athletes.



New Board sworn in, Supt. hired

Following the Board Elections May 14, Kenzie Moore, Place 3; Aubrey Hooper, Place 5 and Curt Krohn, Place 4 were sworn in May 23 for a three-year term. New officers were selected for 2011-12: President - Warren Seay, Jr. Vice President - Kenzie Moore; Secretary - Sandra Wheeler. The Board also recognized retiring Board President Dee Trimble during a reception prior to the meeting.

In attendance for the evening was Dr. Kathy Augustine, incoming superintendent hired May 9 who will start July 11. She will be transitioning throughout June and early July. Dr. Augustine, most recently the associate superintendent of instruction for the Atlanta Public Schools, has also worked in the Newark and New Orleans public schools. She holds master and doctorate degrees from Harvard University and was named the 2010 Council of the Great City Schools Curriculum Leadership Award. She is the mother of two children.

A community reception will be held in August to welcome Dr. Kathy Augustine to the district and community.

DHS Scholarship Awards *by the numbers*

- | | |
|---------------------------------------|---------------------------|
| 27 Collegiate / Academic Scholarships | 35 Athletic Scholarships |
| 41 Booster Club / DHS Scholarships | 25 Community Scholarships |

On May 19, DeSoto High School held their annual Academic Awards Ceremony for department and organization awards plus the announcement of seniors receiving scholarships for college. Over 125 scholarships have been offered, totaling almost \$4 million. Eight Eagles will attend TCU in the fall on a variety of community, dean's and athletic scholarships joining six Eagles who became Horned Frogs last year. Athletic scholarships topped \$2.7 million with, to date, 35 student athletes moving on to collegiate athletics!

calendar of events

- June 3 - Last Day of School for 2010-11 (Early Release)
- June 3, 7 p.m. - DHS Graduation at Dallas Convention Center
- June 6-August 19 - Summer Break (Summer Programs at www.desotoisd.org)
- Thursday, July 14, 6:30 p.m. - Welcome Home event for charter / private families
- Saturday, August 6, 8 a.m. to 1 p.m. - Back to School Fair, Freshman Campus
- Monday, August 22 - First Day of School for 2011-12 School Year

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tries to reach younger children, ages 6-12.

Robert is no stranger to picky eaters. His own children are 17, 25 and 28, but they have long outgrown any food aversions. His wife of 25 years, Deborah, is happy to hand over kitchen duty to him. "She cooks, but I'm the main chef. Still, she feeds my soul. I can't imagine life without her," Robert admitted.

Today Robert finds his life more fulfilling than ever. While he earns his living through catering, his next project is cooking classes at the recreation centers



From left to right: Federico Vizcarra, Shannon Vizcarra and Robert Robinson.

of Cedar Hill, DeSoto, Duncanville and Lancaster. He also has his own line of gourmet kitchen boxes and spices in the works.

Ultimately, however, Robert said his mission is improving children's lives, one healthy meal at a time. "I tell the kids it's OK to start by flipping burgers, because you have to start somewhere to make things happen," Robert said. "But no matter what you do, it's important to feed yourself right — your body and your mind. It's amazing how much what you put on your plate matters." **NOW**

Editor's Note: Contact Chef Robert Robinson at chefrobinson1@yahoo.com.

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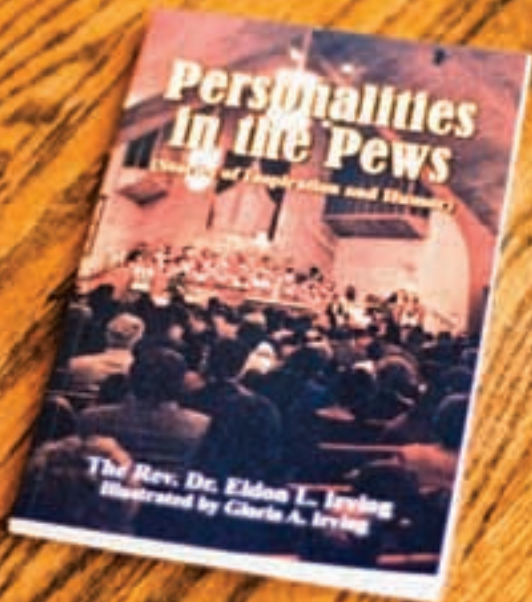
Personalities in the Pews

— By Beverly Shay

If you have ever stood on a platform of any kind and addressed an audience, you will know there isn't much you don't see. All the fidgeting, sleeping, texting, reading, not to mention body language and facial expressions let a speaker know whether he is really communicating or merely speaking. But for a preacher, opportunities to observe people and human behavior are not limited to time in a pulpit. Ministers participate in every spectrum and season of life: births, baptisms, spiritual education, graduations, weddings, illnesses, tragedies and deaths. These "men of the cloth" need to become quite adept at reading and relating to human nature.

"I always admired ministers. They seemed like such happy, dedicated people," began Eldon Irving, Duncanville resident and retired Christian Church (Disciples of Christ) minister. "I feel as though I have been chosen, called. My call came when I was in high school. When I was a senior, we went back to McAllen, Texas, where I told some members of the church I had grown up in that I was going into the ministry. They said, 'We knew you would.'" As it turned out, while Eldon studied at Yale, he was deciding whether to pursue his Ph.D. and teach in seminary when a church in Ohio asked him to come and interview for an associate pastor position working with the youth.

"And so I began to pastor. I have never regretted that decision," Eldon remarked. Eldon has perfected his preaching voice with a tonal quality easily reaching any corner of the room. His modulation and ease of dialogue inspire almost instantaneous relaxation — not the kind that puts you to sleep, but the kind which inspires trust and hope. "Truth of the matter is," Eldon chuckled, "I find the people in my pews have inspired and encouraged me." So



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much so that he wrote a book about them entitled, *Personalities in the Pews*. The book was 43 years in the making and five years in the writing.

Do people know he wrote about them? "The people I have met are so wonderful, interesting and colorful. I used their real names because their stories are real, and I wanted them to receive the credit," Eldon paused, as preachers will. "You see," he drove his point home with eye contact, "people in society today are looking for real stories of positive truth. They get enough negative 'truth' in the world. So my goal was to inspire with humor. Each chapter is a vignette, an individual story of something that touched me. I have shared stories which represent the whole gamut of ministry, the church and life."

Eldon, born in McAllen, Texas, is a consummate student. He graduated first from the University of Washington, then Yale, United Theological Seminary, Brite Divinity School at Texas Christian University and has done graduate work at the University of Edinburgh in Scotland. "I pastored in Ohio and Kansas, before coming to Texas," Eldon stated. The last 28 of his 43 years in the ministry, he was senior pastor of First Christian Church in Duncanville, where he was recognized by the National Evangelical Association for "excellence in evangelism and church growth." Their church building doubled in size, the budget increased by 700 percent and the church was recognized as one of five Christian churches in the United States as an "exemplary teaching congregation." He has served



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on committees, boards, worship and youth commissions, and as moderator of the North Texas Area of the Christian Church in the Southwest. He has seen people from all sides and at all ages and levels of success. In short, he has been a continual student of human nature and learned to minister to all types in all manner of circumstances. He made his pastoral calls in a 1929 Model A Roadster.

Eldon has written for newspapers; numerous magazines, including the *Reader's Digest*; and authored another book entitled, *The Life of Christ in Masterpieces of Art*. Currently, he serves on the board of the Dallas Area Writers Group, where he has also been a speaker. "So many of those things make for a good bio, but really, I simply find people fascinating, wonderful, colorful and interesting. My book is not a discussion of people's oddities. I share what I have been



privileged to experience, giving a glimpse of what encompasses the whole ministry of the church. People inspire me," Eldon emphasized.

After Eldon's first wife died rather suddenly, many friends urged him to do something outside the church. He enrolled in a class with no intention of looking for a new relationship. Eldon clearly recalls meeting Gloria. "She caught my eye in her blue denim slacks. It happened to be my birthday, and the communications class we were in together at the Gestalt Institute in Kansas City [now closed] was canceled, so I asked Gloria to go to a movie with me," he smiled at his wife fondly. Within six months, they were engaged. They married in July '76 and spent their honeymoon driving from Kansas City to Duncanville, where he had accepted a new pastorate.

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"One of the nicest parts of creating this book was having my wife illustrate it," Eldon beamed. "Gloria is quite an artist, and her simple pencil drawings capture the essence of my stories."

Gloria claims her family's farm in Kansas was a neat place to grow up. "I'd sit on the porch, ready to draw the sun as it rose," she reminisced. Art awards in school led to work for Hallmark cards, as well as drawing designs for wallpaper, creating bumper stickers, logos and posters. She later did animation work for a company in Dallas. "I didn't have any formal training," Gloria admitted. "I did study eventually at the Art Institute of Kansas City and at Kansas State University. I am so glad I worked at Hallmark when art was all done by hand, before it became a computer creation. In 2000, I went back to school and got my art degree from The University of Texas



"One of the nicest parts of creating this book was having my wife illustrate it."

at Arlington when I was 57," Gloria stated quietly, but with evident pleasure.

Eldon and Gloria reared two children together. Angela, now 30, a singer in Austin, has a degree in vocal performance from the University of North Texas. Ryan, 26, is in school studying auto mechanics. They agree theirs has been a full, satisfying life with no shortage of adventure. "Many people don't realize when you are a pastor it's like having 400 bosses who all know what you, as the preacher, should do. So you really do learn how to deal with all sorts of people," Eldon smiled. "Gloria has been a most supportive wife. I always come home to love."

Gloria's response proves her husband's praise is aptly given: "I knew the importance of what he was doing." **NOW**

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**At Home With
Michael
and
Pam Petty**



Trading Homes

— By Beverly Shay

Not very many people trade homes, but that is exactly what happened for Michael and Pam Petty. Having been entertained on several occasions in this very Cedar Hill home, they knew they liked the area and the home. “We had, in fact, bought a lot on this street, planning to build. But you know how life happens — we just never did,” related Michael, a fourth-generation Dallasite.

Michael and Pam met in 1999, when the law firm employing him handled Pam’s divorce. Her lawyer played matchmaker. “Pam needed to sell property in Colorado;





flying there would expedite the process. Since I had both my license and a plane, I became chauffeur. That trip gave us time to get to know each other," Michael admitted, "and ignited Pam's desire to learn to fly, providing further common interest.

"For our first date, I took Pam up in the plane to see the Christmas lights. Initially, she was in it for the flight experience. She liked the way flying decreased travel time, and she could bring her dogs along," Michael recalled. "In 2000, she became a licensed commercial pilot, so now she flies, and I ride!" They married in 2003.

Prior to moving to Cedar Hill, the Pettys lived in Highland Park. Roland and Cheryl Stewart, who owned the Cedar Hill home, wanted their 12-year-old daughter to attend Highland Park schools. They asked Michael and Pam if they knew of any homes for sale in their neighborhood. Michael and Pam urged, "Come, look at ours."

So, two years ago, the two couples had their homes appraised and decided to trade. "Within two weeks, we had closed," Michael recalled. The deal was finalized in January, and the families switched homes in June, after school was out.

"We were glad our four children attended Highland Park schools, so we completely understood their desire to move," Pam remarked. Pam's son, William,

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27, is an English teacher at Williams Prep. Her oldest daughter, Dealey, is married to Trevor Glenewinkel. "No grandchildren yet," Pam inserted. Amy, 25, is engaged. Michael's son, Cliff, is 21. They all live in the Dallas area.

Pam has been a career mom. She is also a quintessential volunteer — at Equest, a therapeutic horsemanship program in Wiley, and on the Cedar Hill Education Foundation board. Both volunteer with the Audubon Society at Dogwood Canyon. "We are co-chairs for the grand-opening celebration scheduled for the first week in September," Pam said.

But for the past two years, Pam has concentrated her "free" time on redecorating their new home. "We love



living here. This will be the last place we ever live," Michael stated with conviction. "Dr. David Hubler bought this area when he heard the lake would be made, but he never developed it. Roland Stewart, a real estate developer, worked to get the streets and utilities established in exchange for this three-acre lot, where he built this 5,000-square-foot house 12 years ago," Michael commented. "Three years ago, he built the guest house for his aging parents."

"It's been a major overhaul!" Pam admitted. "Mary Sorenson, my amazing interior decorator from Cedar Hill Design Center, made my ideas a reality, tying everything together with just the right touches. Since Cedar Hill is really on the northernmost tip of the Hill Country, I

wanted to capture the outside and bring it inside through use of color and texture, easing out the formal feel by bringing in the Hill Country."

Throughout the home, colors of nature truly draw in the outdoors. Of course, the curving wall of vertical floor-to-ceiling window panels running along most of the back of the house, overlooking the pool, sloping yard and lake beyond, adds incredible dimension. The view alone is ample reason to never want to move again. The formal dining room is both open to the living room and set off by aqua, scalloped arches, to which Pam had elegant, ivory molding added. Crystal wall sconces and a chandelier are reflected in the ivory and deep-green marble flooring.



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A secretary fills in a recess that was created when Pam had the original entry to the master bedroom walled off. The baby grand piano completes the elegance of the living room. Truly this home is designed for entertaining, inviting guests to leisurely meander from the formal area to the family room while enjoying the view overlooking the pool and lake. Between the rooms the kitchen was opened up with a long, walk-around bar ending in a bistro table. Small, unevenly stacked, rough stone bricks create the base of the bar with its Brazilian-granite countertop. Both the bar and the island have farm sinks, and beyond them is a six-burner stove, with two ovens and the same stone bricks on the vent above.

"One thing this house begged for was a central hallway," Pam remarked. The hallway can be entered from the middle of the back kitchen wall. Facing the hall entrance is a dish cupboard painted with a mural mirroring the view of the lake, complete with bluebonnets, a mockingbird, pecan trees and one of their dogs. On either side of the cupboard are glass-fronted cabinets that show off her beautiful crystal, glassware, silver and china. Along the hallway is the powder bath, known as the "jewel box," with a Chinese cabinet for a sink. A glass-fronted curio case boasts oriental treasures collected by Pam and her mother during her travels.

Also off the hallway is a pocket-doored hall with a guest bath and guest room painted Minnesota pine green. "I opened up the closet to create a seating alcove," Pam shared. A built-in seat, shelves and wall hooks, decorated with padded hangars, complete the alcove, and large-



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slat shutters cover the bay window. Above the twin beds (from her mom's home) is a framed kimono, brought home from her mother's travels. The guest bath has a glass shower, a bench settee, tumbled marble tiles and swagged wall paper in sand and light beige above the cherry wood cabinets.


Their joint office certainly befits Michael's recent appointment as municipal judge. Hexagonal, with deep-cherry bookshelves, French glass doors and a large desk, its view is of their park-like front yard.

Most unusual is the angled master bedroom, done in aqua and "mushroom cap" ivory. The king-size bed is set



opposite the three vertical-paneled windows, which reveal the lake in the distance. A fireplace, chaise lounge and dog beds give credence to Pam's statement, "I love to spend time in here looking at the stars above the view."

Space, already abundant throughout the house, is multiplied over and over through the use of mirrors, windows and the colors of outdoors. The peaceful lines, comfy furniture and compelling decor mirror the kindness and placid serenity of Michael and Pam, who have certainly brought country charm to life, while retaining a sense of elegance. **NOW**



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Quilting for a Cause

— By Angel Morris



Joan Jackson and Elizabeth Walker are covering extra needs of the local library with their own hands. As members of the Friends of DeSoto Public Library (DPL), the duo dedicates time each week to a lost art that has proven lucrative. “The Friends group began in the 1970s and had ways to bring in money for the library, like used book sales. But in the early ’80s, they decided to raffle off a quilt and made more than \$1,000 on it,” Elizabeth explained.

As a result, the Friends have raffled a quilt every year since. But that doesn’t mean Joan and Elizabeth stop at just one. Anyone can bring in an unfinished quilt (with blocks, backing and batting prepared), and the ladies will hand stitch and trim blankets to completion. “We volunteer our time, but we charge for completing the quilts. That money goes into the bank, and when the library needs something that’s not covered in the city

budget, we pay for whatever we can,” Elizabeth stated.

Last year when a cash register went out, the library called on the Friends for its replacement since the loss had not been budgeted. Along with the occasional unexpected expense, Friends contributes \$1,500 each year toward the summer reading program. Having reared children of their own, Joan and Elizabeth feel this cause is particularly worthwhile. In fact, Elizabeth used books to learn to quilt. “Just before I retired, I came up to a city event called Toad Holler, and ladies were in the lobby of the library quilting,” Elizabeth recalled. “In 2000, when I retired, I got a book and started making blocks until I had enough to put together into a quilt ... then I came to see the ladies again.”

Joan, who was also self-taught in quilting, said she had always been “envious of those little tiny stitches” she’d seen quilters make, including the library quilting group. So, in 2002, she quit saying, “I wish I could do that,” and joined the local ladies to do just that.

While the initial quilting group included a dozen women — about 10 people typically attend today’s Friends’ meetings — only Elizabeth and Joan remain as quilters. Last year they completed 10 quilts, charging an average of \$200 per quilt, depending on the specificity of the client and condition of the quilt brought to them. “It takes about six to eight weeks per quilt, working four and sometimes eight hours a week,” Elizabeth explained. Library patrons can watch the ladies at work every Thursday at 10:00 a.m., until they break for lunch, and again after lunch until around 3:00 p.m. “You meet a lot of interesting people who stop to ask what you’re doing,” Elizabeth said. “And once we do a quilt for someone, we often have repeat customers!”

While Elizabeth and Joan have done many traditional designs, they’ve also produced one-of-a-kind, animal- and baseball-themed quilts, as well as autumnal and schoolhouse designs. The most unique, they say, is one made from the trademark purple Crown Royal bags for a man who worked at a liquor store.

“We even had one that was so awful when it came to us we almost turned it down. But once completed, it turned out



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L-R: Elizabeth Walker, Joan Jackson, Lucile Dade.

to be quite attractive," Elizabeth said.

"It really was," Joan agreed.


Both women agree that quilting "is never like a job," that it "beats housework" and that they spend at least 20 hours a week creating something with their hands, besides the library quilts. Elizabeth crochets and knits, while Joan crochets, embroiders and is part of a group that makes bears for children in need or crisis situations.

While working in-sync at the library, the two have very different personal styles. Elizabeth prefers colorful, scrappy quilts, while Joan favors subdued, monochromatic tones. They agree on one aspect, however. "I like to look at quilts from the back side more than the front," Elizabeth said.

"That's really where they are most beautiful; where you can see the full extent of the quilting pattern that's been done," Joan added.

Pride in their work is obvious. Elizabeth reminded Joan to share a poignant quilting story. "Tell them about the antique shop," she said.

Joan relayed the story of family members who stopped in an antique store whose owner said she had something to show them. The owner directed Joan's relatives to a quilt bearing the family name. Turns out, it was quilted by Joan's ancestors. "There were 87 sewn signatures of the women who'd worked on it. It was from the estate of my dad's cousin," Joan said. Joan herself completed the quilt and took it to a nursing home where one of its original creators lived. "She recognized many of the names," Joan said. This summer



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the quilt will be displayed at her family reunion and then donated to the county museum.

That quilt and one she completed from her mother's cedar chest are Joan's prized quilts. Elizabeth favors three made by her grandmother and two by her husband's stepmother, but is proud of the ones she made for each daughters-in-law and each of her three grandkids. "I also did a memory quilt from photos on fabric for my son's 25th anniversary. My granddaughter asked me to make it and gave me two whole weeks to get it done," Elizabeth said. "But I did it!"

While they love quilting, it is not without its consequences. Both ladies develop tender fingers and "have to back off for a day or two" when that happens. Nevertheless, they are committed to the craft and the library it serves. "It's creative, and you have something to show for it when you're done," Elizabeth said.

"For me, it's relaxing and therapeutic," said Joan, who quilted by her husband's and then her brother's side when the two men were hospitalized before passing.

No matter the motivation, the ladies are DPL angels, according to library director, Lucille Dade. "We just love them. It is a joy to have them here, bringing something special to the community," she said. "Their willingness to volunteer benefits our facility in so many ways and the extra items they fund for our patrons are a godsend."

While the women say they are not teachers, they encourage others to learn and join them, with one caveat. "If you're a sewer, you can probably pick up a book and start to quilt," Elizabeth said. "But I warn you ... it's addictive!" **NOW**

If you are interested in becoming a Friend of the DeSoto Library or would like to assist in the quilting, please contact the librarian, Lucille Dade, at (972) 230-9658.

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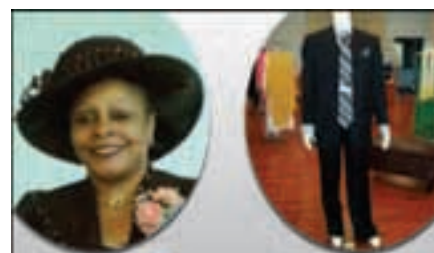
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From left:

Allan C. Van Horn, M.D.; R. Carrington Mason D.O.; Siddharth Jain, M.D.; Jeffrey C. Toubin, M.D.

Cutting-edge Traditional Care

Southwest Urology provides urological care for healthier lives. — By Beverly Shay

Southwest Urology has been providing traditional, individualized, personal medical care for over 50 years. Cutting-edge, state-of-the-art, robotic surgery ensures complete, safe and faster recovery. All four board-certified surgeons constantly update their skills. Staff includes Trisha Vara, practice manager with Southwest Urology Associates for nine years, and Michael White P.A.-C. Comprehensive care and surgical services for all urological needs offered at both Charlton Methodist and Methodist Central include pelvic floor reconstruction and robotic-assisted prostate surgery (Methodist Central only).

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"A surgeon's ability to command and deal authoritatively, as well as see immediate results impressed me," stated Dr. R.

Carrington Mason, concerning his pre-med schoolwork in operating rooms. "I chose urology because it involves a variety of organs and treatment of many different diseases. I also appreciate the many developments and cutting-edge procedures and technology in this field."

Dr. Mason, graduate of The University of Texas at Austin and University of North Texas College of Osteopathic Medicine in Fort Worth, has been in urology practice for 14 years. For five years, he has been listed as one of 29 urologists in *D Magazine's* "The 729 Best Doctors: As Chosen by Their Peers in 40 Specialties."

"What changed me most in how I practice medicine and care for patients was my own experience with prostate cancer seven years ago, at age 41," Dr. Mason remarked. "At my annual checkup, my PSA numbers were good, until advanced test evaluations revealed my 'good' numbers really were not good." Following surgery, he recovered fully.

Dr. Jeffrey C. Toubin also appreciates the high success rate of urological treatments now available. "It's very rewarding to see patient satisfaction. We recognize how sensitive this is for both men and women, so we return calls quickly and provide discreet, caring service. We urge people to take better care of their bodies than their cars because there is no trade-in option," remarked Dr. Toubin. "Unintentional weight-loss can signify cancer, but it's treatable — if found and if you treat it."

Dr. Siddharth Jain graduated from medical school in India and trained in general surgery in England and Scotland. A physician for 24 years, he has been with this practice for three of his nine years in urology. "I find urology very technically advanced with its variety of office, endoscopic, robotic and laparoscopic surgery." He, too, is a cancer survivor of nine years.

Dr. Allan Van Horn, who graduated from Texas Tech and UT Southwestern, has been with Southwest Urology since

"What changed me most in how I practice medicine and care for patients was my own experience with prostate cancer seven years ago, at age 41."

'94. "I also felt an instant attraction to urology because of the great combination of surgeries and the reward of truly being able to help your patients. If you have one relative who's had prostate cancer, your chances are three times higher; two relatives, and it's seven times higher," Dr. Van Horn remarked.

Elevated PSA, protein-specific antigens, is found in blood when cancer is present. Doctors pay attention to even subtle rises in PSA, changes in urination, leakage and blood in urine, which is always a bad thing.

The doctors agree: "Preventatively, to prolong life: never smoke. We see increased bladder and kidney cancer in smokers, probably five or six to one, when comparing smokers to nonsmokers. Avoid fried, fatty foods and weight gain. Live an active life; eat a variety of fresh fruits and vegetables. Avoid wines with preservatives. Have annual checkups." **NOW**

June is Men's Health Awareness Month.

R. Carlington Mason, DO Allen C. Van Horn, MD Michael D. White, F.A.-C



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Northwood University students Jose Buentello, Hugo Rodriguez, Wally Trejo and Joshua Reyes enjoy a post-lunch game of pool.



The Best Southwest Board joins the Cedar Hill Chamber Ambassadors to welcome QuickCare Clinic at Methodist Charlton Medical Center.



Cedar Hill swimmer, Claudia Bernier, at the regional finals with her 3rd place medal in the 100 Yard Freestyle.



Cedar Hill firefighters honor a fallen Corsicanan officer as the motorcade takes the fallen police officer from Corsicana to his final resting place.



Cedar Hill Chamber holds a ribbon-cutting at the Bridges Thrifty Boutique.

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As part of the freshman community service project, Canterbury ninth-graders, Colton Hood of DeSoto and Alex Middleton of Ovilla, raise \$5,000 for American Army Troop HSC 36th serving in Iraq, in which Alex' father, Captain Brent Middleton, serves.



More than 20 DHS alumni cheerleaders performed during The Eagle Landing alumni game.



London and Ariden Brown read fun books at the DeSoto Public Library.



Fifth-graders from Canterbury represent 17 famous Americans in the Celebrate America program.



Von Miller gives an Aggies thumbs up with Corey Borner at a recent alumni game.



DeSoto's Word of Life Church attendees pose at the Excellence Awards at Delaney Vineyards in Grapevine, Texas.

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Saleema Fitts, Gloria Alcala and Salma Perez tend plants as part of a Smith Elementary Earth Day initiative.



Alexander Elementary students hold a wedding for the letters Q and U to help kindergartners learn the two letters usually occur together.



More than 30 professionals representing a variety of career fields spoke with students at Merrifield Elementary during the school's first-ever career event.



Justice Shoemaker donates blood at a recent DHS blood drive to benefit a 6-year-old boy suffering from acute lymphocytic leukemia.



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June Is Men's Health Month

"There is a silent health crisis in America — it's the fact that, on average, American men live sicker and die younger than American women." This is a quote from Dr. David Gremillion of Men's Health Network. Men die at a higher rate than women from heart disease, cancer, injuries, strokes, HIV/AIDS and suicide, all but HIV are among the top 15 causes of death (NCHS 2009). What are some of the causes for this health crisis, and what can men do to change it?

There are many reasons for this startling statistic. Some of these reasons are biologically programmed, and thus harder to adjust to. Others are behavioral and should be easier to control. In general, men are less likely to seek preventive health care services than are women. Men are less likely to seek counseling for depression and other mental health issues, leading to higher rates of suicide. Men, especially teens and young adults, are more likely to engage in risky behaviors, from reckless driving to gang violence, to putting themselves at greater risk for sexually transmitted diseases. Men are thought to have a weaker immune system than women. This is due in part to lower levels of infection-fighting T-cells. The male hormone testosterone is linked to higher LDL ("bad") cholesterol and lower HDL ("good") cholesterol. There are even more examples than the ones listed here.

Healthy habits can be learned at any stage of a man's life. Even if a man did not take care of himself early in life, he can maximize his health from today forward. Emotional health should be taught from a young age, but is often thought of as weakness. Boys age 15-19 are five times as likely to die in a homicide and three times as likely to commit suicide. It is much healthier to teach a boy how to talk about his feelings with a trusted adult or counselor, walk away from a fight and avoid gang violence. As an adult, dealing



effectively with stress reduces blood pressure problems, stroke, cancer and suicide.

Physical health starts with eliminating obesity, which is a major factor in most other health problems, including cancer, heart disease, stroke, high blood pressure and even erectile dysfunction. A healthy diet and plenty of exercise help improve both physical and mental health. Drinking plenty of water is also very important.

Keeping an eye on blood pressure, cholesterol and PSA levels (prostate specific antigen), as well as other health markers, is also important. That way, changes to diet, exercise and other health habits can be made early, before drug or surgical intervention is necessary. Other healthy habits include not smoking, limiting alcohol to one drink per day and staying away from highly processed and sugary foods.

Think wellness, not sickness. Incorporate healthy habits into a regular routine. Whole food supplements can help bridge the gap created by years of poor eating habits. Massage therapy helps relax muscles, relieve stress and improve blood flow. Chiropractic shouldn't wait until back pain is severe. Regular adjustments can improve sleep, help prevent injury and boost energy for exercise routines. **NOW**

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Current State of the Economy — How Should You Invest?

— By *Dennis Brock*

Current State of the Economy: In the article last October, we cited an investor survey from Schwab indicating most investors believed the economy was heading back into another recession. The good news is that it did not happen. However, the economy is still suffering from the ills it had last October: slow economic growth, a depressed housing market and a stubbornly high unemployment rate. One new concern is inflation. Inflation has not been an issue for several years, but with the rise in oil, metals and food, it is starting to raise concerns. Also, the falling dollar is starting to raise import prices, adding to inflationary concerns.

Investment Outlook: Last October, we thought stocks would offer a better return than bonds, although returns might be limited to single digits. The Dow Jones Industrial Average (DJIA) started October around the 10,800 level and reached 12,800 by early May. Part of the reason for the stock market rally was the Federal Reserve Bank's (Fed) policy to buy \$600 billion of government debt to keep interest rates low. That policy is expected to end in June. There is concern that with the end of the Fed policy, interest rates

may start to rise. This would have a negative impact on bonds.

Investment Strategies: With stock market returns in excess of nine percent through April, it would seem much of the good earnings news is already priced into stocks. At this point, a dollar-cost-average strategy seems best. However, you can use market declines to add additional money to the markets. For those investors with a high risk tolerance, you may want to consider specific sectors: telecommunications, technology or healthcare. Bond investors should keep the maturities of their holding short. One strategy for investors who own bond funds or CDs with long-term investment horizons would be to purchase Equity Indexed Annuities. These annuities allow you to participate in the returns of the stock market without the risk of loss of principle. You may be able to increase your return while maintaining a very low level of risk. **NOW**

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CH Parks and Recreation and Dallas Bass Hookers Club Kid Fish: 8:00 a.m.-1:00 p.m., Valley Ridge Park Pond, 2850 Park Ridge Drive (ages 5-16). No cost. Trophies, hot dog lunch and prize drawings.

Kids Summer Reading Kick-off: 2:00 p.m., CH library: Featuring singing zoologist, Lucas Miller.

DeSoto's Creekfest: 3:00-10:00 p.m., Town Center, 211 E. Pleasant Run Rd. Various bands and children's activities sponsored by Hampton Road Baptist Church. DeSoto Art League Juried Spring Art Show, City Hall: 100-plus artists and *plein aire* demos all day. (972) 230-9651.

June 5 - July 25

Texas Health and Human Services Commissioner's Summer Food program: free breakfast/lunch for children 18 and under. Woodridge Elementary, 1001 Woodridge: Breakfast: 7:20-8:20 a.m.; lunch: 11:30 a.m.-12:30 p.m. McCowan Elementary, 1500 Majestic Meadows: Breakfast: 7:00-8:00 a.m.; lunch: 12:30-1:30 p.m. www.summerfood.usda.gov.

June 6-July 1

N.I.A. Kids 'n' Teens Summer Theatre Camp (ages 6-18):

Monday-Friday, 8:30 a.m.-4:30 p.m. (extended-care hours 7:30 a.m.-5:30 p.m.). Register: www.niakids.org or at center: 901 N. Polk, Suite 380, DeSoto. (972) 228-8381. (Session II: July 5-29)

June 7-August 7

Lucky Longhorns Summer Camp (ages 5-12): 6:30 a.m.-6:30 p.m. Monday-Friday, CH Recreation Center. Registration: \$30; weekly fee: \$90.

June 7

Teen Summer Reading Kick-off: 6:00 p.m., CH library amphitheater: live music sponsored by White Rhino Coffee House.

June 8

CH library's Adult (55-plus) Reading Contest begins. Details: (972) 291-7323.

June 10

Flick-n-Float: 8:00-10:00 p.m., Crawford Park Pool: \$2 per person.

June 11

DeSoto library presents UNT librarian, Lela Evans on African-American genealogy research: 11:00 a.m.-12:30 p.m. (972) 230-9661.

June 15-19

DeSoto Police Department hosts this year's Texas Police Games. Federal, state and local peace officers' team

competition and individual competition in various sports. Open to public. Free concert: June 16, DeSoto Civic Center: saxophonist, Jeff Aycock: 6:00-8:00 p.m. To be involved, call Cindy Mendez (466) 658-3055.

June 16

CH library's 6th Annual Big Machines Expo: 10:00 a.m. — trucks, machines, a helicopter and more.

June 17

Duncanville Senior Dance: 7:00-9:30 p.m., Duncanville Senior Center, 206 James Collins Blvd.: Pete & Patti. Over 50 only. Cost: \$5. (972) 298-0667.

June 18

Southwest Juneteenth Celebration: 5:00-10:00 p.m., Valley Ridge Park Amphitheater, 2850 Park Ridge Drive. Cedar Hill, DeSoto, Duncanville and Lancaster honor end of slavery and celebrate freedom. No cost. <http://tinyurl.com/BSWJuneteenth>.

June 30

CH library presents Jiaan Powers' storytelling workshop for children (grades 3-6): 1:00 p.m.; puppet ventriloquist, Nancy Worcester: 2:00 p.m.

Submissions are welcome and published as space allows. Send your event details to bshay.nowmag@sbcglobal.net.



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In The Kitchen With Joel Branch

— *By Beverly Shay*

Executive Chef Joel Branch from Northwood University learned the passion of cooking by watching his mother prepare daily meals for the family. Joel always loved food, the preparation of new meals and recipes. He began taking his passion seriously at 19 by attending Aims Academy in Dallas. Soon, he started working with ice sculptor and artist Robert Bifulco in the Dallas Arts District. In 2004, he began working at Texas Christian University. "Cooking is a type of gratification for me. I like watching families and friends enjoy what I've prepared, and I feel I'm in the center of it all," Joel shared. "Cooking is my way of expressing me. The more I can learn about cooking, then the better I can be." **NOW**

White Chocolate Fruit Tart

Tart:

3/4 cup butter, softened
1/2 cup confectioners' sugar
1 1/2 cups all-purpose flour

Filling:

1 10-oz. pkg. vanilla or white chips, melted and cooled
1/4 cup heavy whipping cream
1 8-oz. pkg. cream cheese, softened
1 20-oz. can pineapple chunks, undrained
1 pint fresh strawberries, sliced
1 11-oz. can mandarin oranges, drained
2 kiwifruit, peeled and sliced

Glaze:

3 Tbsp. sugar
2 tsp. cornstarch
1/2 tsp. lemon juice

1. For tart, in a small mixing bowl, cream butter and confectioners' sugar until light and fluffy. Gradually add flour; mix well. Press into an ungreased 11-inch tart pan with removable

bottom or 12-inch pizza pan with sides. Bake at 300 F for 25-30 minutes or until lightly browned. Cool on a wire rack.

2. For filling, in a small mixing bowl, beat melted chips and cream. Add cream cheese; beat until smooth. Spread over crust. Refrigerate for 30 minutes.

3. Drain pineapple, reserving 1/2 cup juice; set juice aside. Arrange the pineapple, strawberries, oranges and kiwi over filling.

4. For glaze, in a small saucepan, combine sugar and cornstarch. Stir in lemon juice and reserved pineapple juice, until smooth.

5. Bring to a boil over medium heat; cook and stir for 2 minutes, or until thickened. Cool; brush over fruit. Refrigerate for 1 hour before serving. Refrigerate leftovers.

Buttermilk Pound Cake

3 cups all-purpose flour
1/2 tsp. baking soda
1/2 tsp. salt
1 cup butter
2 1/2 cups white sugar
5 eggs
1 Tbsp. almond extract

1 Tbsp. vanilla extract
1 cup buttermilk
Fresh strawberries or powdered sugar, if desired

1. Preheat oven to 325 F. Grease one 9- or 10-inch tube pan. In a large bowl, mix together flour, baking soda and salt. Set aside.

2. In a separate large bowl, beat butter with sugar. Mix in the eggs, one at time; beat well after each addition. Mix together for an additional 5 minutes. Stir in the almond and vanilla extracts. Gently mix in flour mixture alternately with the buttermilk. Pour batter into the prepared pan.

3. Bake in a preheated oven for 90 minutes. Do not open oven door for one hour. Cake is done when it begins to pull away from the side of the pan. Let cool in pan for 10 minutes, then turn out onto a wire rack and cool completely. Serve with fresh strawberries or powdered sugar.

Spinach Salad

Salad:

1 lb. fresh spinach
1 1/2 cups gorgonzola crumbles
2 Granny Smith apples, sliced
Walnuts as needed

Dressing:

2 cups olive oil
1/2 cup honey
1 cup champagne vinegar

1. Toss together salad ingredients.

2. Emulsify the dressing ingredients and drizzle on top of salad.

Hard Roll Dough

6 cups water
4 oz. milk powder
3 oz. dry yeast
8 lbs. bread flour
1 oz. salt
2 oz. cake shortening
2 oz. egg whites

1. Heat water to 110 F. Add milk powder and yeast.

2. Once the yeast has started to grow, add all other ingredients in mixer and mix with dough arm hook.

3. Mix until dough pulls away from bowl.

4. Form 3-oz. balls place on a greased baking sheet and bake in a preheated oven at 350 F, until golden and tender.



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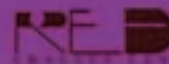
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